



My Transformational Journey at Laurus abhaya Niswartha Super 60 - By D. Vignesh

I am D. Vignesh from Dandumailaram village in Ibrahimpatnam Mandal of Ranga Reddy District. I am blessed to be a student of the Laurus abhaya Niswartha Super 60 – 2026 program. I was also honored to be selected among the Top Six Students and received a Gold Medal for my best performance.

First of all, I express my heartfelt gratitude to Balachandra Swamy Ji, abhaya Foundation, all teachers, sponsors, and supporters who made this wonderful journey possible.

The Super 60 program continued for about 28 days, but those 28 days completely transformed my life. I learned discipline, values, spirituality, responsibility, patriotism, humanity, and the true meaning of service. For me, abhaya is truly a “Home of Happiness.”

A New Beginning with Discipline

One of the greatest habits I learned at abhaya was waking up early at 3:50 AM. Before joining Super 60, I never imagined waking up so early every day. But this beautiful habit made me active, peaceful, and mentally fresh.

Every morning, the abhaya premises felt like heaven. The pleasant atmosphere, cool breeze, and melodious sounds of birds filled my heart with happiness and peace.

From 5:00 AM to 5:45 AM, we practiced Yoga and Exercise under the guidance of our respected Warden, Ganesh Sir. He taught us many healthy habits, especially Surya Namaskar. Practicing Surya

Namaskar relaxed my mind, activated my body, and improved my health. I sincerely thank Ganesh Sir for guiding us with care and dedication.

Compass – A Direction for Life

After yoga, we attended the Compass Session. In this session, we studied the book written by Balachandra Swamy Ji. This book acted like a true compass in our lives, helping us understand and solve many problems faced during teenage years.

Swamy Ji explained every chapter with immense love, affection, and care. His strong desire to transform students' lives toward success and goodness deeply inspired me. His smiling face in the early morning itself gave us positive energy and hope for life.

From him, I learned moral values, discipline, spirituality, patriotism, and the importance of serving society selflessly.

Karma Yoga – Learning the Dignity of Work

One of the most unique experiences at abhaya was the Karma Yoga Session. In this session, we performed all kinds of work such as:

- * Cleaning washrooms
- * Upkeeping dorms & rooms
- * Cleaning cooking vessels
- * Cutting vegetables
- * Watering and gardening
- * Maintaining the surroundings

Through Karma Yoga, I learned the dignity of labour and the importance of self-reliance. It changed my mindset completely. Earlier, I hesitated to do certain works, but now I can confidently do any work anywhere with responsibility and respect.

This working nature and confidence were gifted to me by the abhaya Foundation.

Wonderful Teachers and Valuable Education

I sincerely thank all the teachers who taught us during the Super 60 program. Teachers from different regions of Telangana came to abhaya to guide us.

They taught us:

- * Competitive exam strategies
- * Shortcuts
- * Moral values
- * Subject knowledge
- * Time management
- * Career guidance
- * Motivation for higher studies

Their valuable tips and encouragement gave me clarity about my future goals and studies.

Unity Beyond Religions

Before every breakfast, lunch, and dinner, we prayed prayers from 3 different religions. This beautiful practice taught me equality, unity, and brotherhood among all religions.

I understood that: “Humanity is greater than religious differences.”

This message is greatly needed in today’s society. I also learned the value of food and the importance of gratitude in daily life. These habits will remain with me forever.

Inspirational Story Sessions

The afternoon story sessions were another unforgettable experience. We listened to inspiring stories of successful people and also learned from the struggles and failures of others.

Great personalities like Balachandra Swamy Ji, Ramesh Gelli Garu, VV Ravi Kumar Garu, and many others shared their life experiences and guided us on how to overcome difficulties in life.

Most importantly, I got the rare opportunity to spend 28 days with a great humanitarian, a symbol of love and service — Balachandra Swamy Ji Garu. His simplicity, affection, and dedication toward students touched my heart deeply.

Bhajans – A Spiritual Experience

During the evening bhajans, I completely immersed my mind, body, and soul in devotion toward God.

The melodious voice of Swamy Ji Garu, the spiritual chanting, and the sounds of musical instruments created a divine atmosphere. During bhajans, my heart felt calm, peaceful, and spiritually connected. Those moments became some of the most precious memories of my life.

Diary Writing – A Habit of Self-Improvement

Before sleeping every night, we wrote a diary. By writing my diary daily:

- * I revised my entire day
- * I identified my mistakes
- * I planned to improve myself

Before joining abhaya, I never had the habit of diary writing. But now, it has become a part of my daily life and self-development journey.

Friendships and Beautiful Memories

In Super 60, I made wonderful friendships with students from different districts of Telangana. Together, we shared joy, learning, discipline, and unforgettable memories.

I thank all my friends for making my journey at the sacred place called abhaya – The Home of Happiness so memorable and meaningful.


How abhaya Changed My Life


Finally, abhaya gave me:

- * A new life with values and ethics
- * Discipline and healthy habits
- * Confidence and courage
- * Patriotism and social responsibility
- * Spirituality and humanity
- * Respect for work and people

The Super 60 program inspired me deeply and transformed my thinking completely. It taught me how to become not only a successful student but also a good human being.

Heartfelt Gratitude

 My sincere thanks to abhaya Foundation, Balachandra Swamy Ji Garu, all teachers, wardens, staff members, and sponsors who supported this wonderful program.

 Thank you for changing my life and guiding me toward a bright future.

“abhaya is not just an institution... it is truly a Home of Happiness.”